

**Getting fitter**

New class helps participants punch and kick their way to better health.

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Fort Riley Post



Thursday, January 12, 2006

America's Warfighting Center

Vol. 49, No. 2

Around Fort Riley

Tax Center to open

The Fort Riley Tax Center will once again offer free income tax preparation to Soldiers and their family members. It is scheduled to open Jan. 17 in Building 7264, the Soldier and Family Support Center on Custer Hill.

Hours of operation will be 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. Saturdays.

For more information or an appointment, call 239-1040.

Cell phone use restricted

Drivers are prohibited from using a cell phone while driving on Fort Riley unless they use a hands-free device.

Post law enforcement officers began issuing warning citations in December and plan to issue court appearance citations beginning this month.

Around the Army

Fort Belvoir:

The Belvoir Eagle reported Jan. 5 that Fort Belvoir Residential Communities reversed a policy that had prohibited satellite dishes in October after hearing from numerous residents who wanted the ability to tune in to special language and special interest channels.

The maximum permissible size of a satellite dish is 18 inches and it should be located behind or to the side of the housing unit on a free-standing pole, according to the Resident Responsibility Guide, and cannot be attached to any housing structures such as the home, garage, utility poles, fences or trees.

Satellite dishes may not be installed in the front yard and FBRC reserves the right to use landscaping and other screening materials if it is visible from the street.

For more on this story and other Fort Belvoir, Va., news, visit www.belvoireagle.com/ on the Web.

Fort Gordon:

The Signal reported Jan. 6 that the post was providing teens a hi-tech club.

Thirty new computers and other related equipment, such as cameras, printers and scanners, had been added to the youth services center. One computer lab opened in August and a second opened in October.

Two new technology clubs aimed at teens on post started the first week of January. Club Beats focuses on making music and Club Hollywood is about making videos.

For more on this story and other Fort Gordon, Ga., news, visit www.gordon.army.mil/pao/archives.htm on the Web.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Home at last!



Pfc. Renaldo Green holds his 2-year-old son, Latrell, at the 3rd Bde. redeployment ceremony Jan. 8. Green was deployed with the 2nd Battalion, 34th Armor.



Shavonne Green (above) searches for her husband among returning Soldiers, then (below) shouts with joy when she spots him.



Large 3rd BCT contingent returns to post

By Amanda Kim Stairrett
Staff writer

"Mission accomplished. Well done. Now, fall out and fall in on your families."

Fifteen years ago, Carol Sims and her children, Aaron, Nicole and Bradley, sat in a hangar at Fort Riley waving signs and cheering. Their eyes followed Archie Sims as he marched into the building with the 2nd Battalion, 34th Armor.

The Simses relived that moment in the hangar on Jan. 8 as they waved signs and cheered while Aaron, now a 23-year-old sergeant, marched in with the same unit his father served in.

"I have great pride in him taking up what I did and continuing on. To be able to come here and welcome him back from the same thing ...," he said, his voice trailing off and tears dripping from his eyes.

The Sims family was one of hundreds who gathered in Hangar 817 at Marshall

Army Airfield late the night of Jan. 7 and early in the morning the next day to welcome about 680 Soldiers of the 3rd Brigade Combat Team and 2nd Bn., 34th Armor, back to Fort.

Maj. Gen. Dennis E. Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, said the Soldiers helped stand up Iraqi security forces, set up that country's economy, helped get businesses, schools and neighborhood running and aided during three national elections.

"Your contributions are enormous. They are historical. They will go down for future generations to interpret," Hardy said Jan. 8. "But for our part, and on behalf of all Americans, we're extremely proud of everything that you have accomplished."

Aaron, Nichole, 20; and Bradley, 18, remember what it was like when their father redeployed.

"It's weird. I remember all of it," Nichole said. "It's crazy being here. It

See Home again, Page 2



Bridget Friddle (above right) holds back a gasp and tears when she sees her husband, Spc. James Friddle of 1st Bn., 4th FA, march into Hangar 817, then (above left) cuddles against his chest after their long-awaited reunion Jan. 7.



Spc. Stephen Steele fires an AT4 as Staff Sgt. Rodney Frankenstein, range safety noncommissioned officer, covers his ears and Maj. Chad Arcand, S3, watches.

'Iron Rangers' practice blowing things away

By Ryan Savage
1st Battalion, 16th Infantry

The "Iron Rangers" of 1st Battalion, 16th Infantry, continued preparation for battle on any front with specialized training in December.

Soldiers fired the AT4 recoilless rifle and practiced detonating demolition charges of Dec. 13 and 15, respectively.

The battalion began training with the AT4 on a very cold and windy day at Range 51 on Fort Riley. Once the "Iron Ranger" Soldiers had been trained and test-

ed on operation of the weapon system, they qualified on the AT4 using 9mm tracer sub-caliber rounds. Sub-caliber qualification is a prerequisite for firing live AT4 rounds.

The AT4 is the Army's primary light anti-tank weapon system. The recoilless rifle's design permits accurate and lethal delivery of an 84mm high-explosive anti-armor warhead.

Members of the battalion's Company C and the "Iron Ranger" Scouts trained numerous Soldiers on demolitions at the Squad Assault Course. With support and demolition expertise

from members of the 1st Engineer Battalion, the Infantry battalion trained 27 Soldiers from its line companies and Headquarters and Headquarters Company.

"The purpose of the range is to maintain demolition knowledge and provide the battalion with obstacle clearing and breach capabilities," said Sgt. 1st Class Jason Miller, scout platoon sergeant from HHC.

"The ability to blow off a door in a cordon and search operation in Iraq is a combat multiplier. Having this asset organic to the

See 'Iron Rangers', Page 3



Post, Army news briefly

Residents must update info

Fort Riley housing residents must ensure that the information on record at the Housing Office is current.

During the recent weather emergency at Ellis Heights, it was discovered that some occupants' vital information was no longer accurate. Updates to housing records must be made when changes occur, including change of rank, change of unit, change of duty or home telephone numbers (adding a cell phone number allows the Housing Office representatives a way to contact residents when an emergency arises) and number of dependents change.

Updating information is as easy as calling the Housing Office at 239-3525, sending a fax to 239-2493 or stopping at the Housing Office in Building 45 on Barry Avenue from 7:30 a.m. to noon and 1 to 4 p.m. Monday through Friday.

Residents must also complete a housing absence form for absences longer than seven days. The form will include an emergency contact number where the resident can be reached and the name and phone number of a person who has agreed to be a house watcher. Absence does not relieve occupants of their responsibilities for their quarters.

For more information, call Paula Fultz at 239-3265.

DoD delays new system training

By Gerry J. Gilmore
AFPS

WASHINGTON — National Security Personnel System training for Defense Department managers and rank-and-file employees is being postponed while a component of the new system is being reviewed, an NSPS official

said Jan. 4.

"We've asked the services to put a hold on their training for January because we're reviewing and assessing the performance-management design (portion), which is part of the training," NSPS spokeswoman Joyce Frank said.

She said the changes will be made before the NSPS training is

conducted. She couldn't say when the training, originally slated to start this month, would be rescheduled.

DoD and OPM are partnering to establish the NSPS pay-for-performance system to replace old civil service rules that rewarded employees for length-of-service rather than performance.

More than 650,000 DoD civil-

ian employees are slated to come under NSPS.

It's important that NSPS is "simple, clear and understandable" to DoD's managers and rank-and-file employees, Frank said.

So "we think that we need to make some adjustments to it," said Frank, who noted the changes involve the pay-for-per-

formance component of the system.

"We're redoing the way that we assess employees' performance, and pay is tied to that system," Frank said.

"So, we've decided to make some adjustments to the design that we have. That will cause us to change our training as well," he said.

Home again

continued from page 1

makes you remember everything."

And she does remember everything — the banners, the flag T-shirts her family was wearing. She even remembers being scared of her dad at first, although she doesn't know why. Bradley even has the stuffed toy Archie gave him when he returned. As he stood in the hangar with his brother's duffel bag strapped on his back, Bradley said he was considering joining the Air Force or the Army.

Carol remembers how she felt 15 years ago and what she felt watching her son walking in his father's footsteps.

"The emotions are the same," she said, "to know they're actually back and safe."

She looked around the hangar in awe, recalling how the set up was exactly the same as it was the last time she was there.

"It's just amazing," she said, "hard to describe."

While the Simses were having flashbacks, two young couples, the Whittles and Greens, were experiencing the excitement,



Sgt. Aaron Sims (left) hangs out in Hangar 817 with his mother, Carol (back left); father, Archie (front); sister, Nicole (center); and brother, Bradley (right), after the redeployment ceremony Jan. 8. Family members said they remembered attending Archie's redeployment ceremony with the same unit, 2nd Bn., 34th Armor, 15 years ago.

impatience and anticipation for the first time.

"He's been over there since 9 o'clock. He's this close," Bridget Friddle said with desperation, pointing in the direction of the

hangar behind Hangar 817, where she waited.

Sp. James Friddle of the 4th Battalion, 1st Field Artillery, and his wife, both 21, have been married a year and a half. Bridget

screamed with joy and wept as James marched into the building Jan. 7.

"This is hard. I can see him, but I can't hug him," she exclaimed.

Bridget's friend asked if James had looked over at her yet.

"He's looking straight ahead like he's supposed to," Bridget pouted.

Bridget yelled out her husband's name, "James!" piercing through the hangar. He heard her, glanced over and flashed a smile. It was the first look she had gotten in person since he was on leave at the end of June.

Shavonne Green and her son, 2-year-old Latrell, were joined by five family members, some of whom came from New Orleans to see Pfc. Renaldo Green come back from his first deployment Jan. 8.

Renaldo, a Soldier in the 2nd Bn., 34th Armor, and Shavonne also have been married less than two years. Shavonne said she talked to Renaldo almost every day and sent him things like candy, cookies, clothes and packaged noodles.

"Latrell, do you want to see daddy?" she asked her son while waiting for the Soldiers to file into the hangar.

Latrell was more concerned with the red balloon bumping against the ceiling of the hangar after he accidentally let go.

"Daddy?" he asked, looking around.

The family stood near the edge of the formation as the invocation was given, crept even closer as the Star Spangled Banner played and closer still as Hardy spoke.

When the Soldiers were dismissed, Renaldo calmly walked over to his wife. The two embraced tightly, then kissed. Shavonne's mother, Sonya, placed Latrell in his father's waiting arms.

"Yay!" Latrell cheered, his arms squeezing his daddy's neck.



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Post, Army news briefly

Flu shots still available

Flu season typically peaks in late January or February, so it's not too late to receive a flu shot. Military beneficiaries desiring a flu shot may walk into their Primary Care Clinic at Irwin Army Community Hospital during regular clinic hours and request the vaccination.

Briefing covers aviation field

Anyone interested in becoming an aviation warrant officer can attend a special briefing at 1 p.m. Jan. 20 in the Patton Hall auditorium on Main Post. The briefing will cover requirements and application procedures for attending Warrant Officer Candidate School and Army flight training.

For more information, call Maj. Ray Meadows at 239-3398.

Toastmasters slate meeting

Old Bill's Toastmasters' next meeting is scheduled from 5:30 to 6:30 p.m. Jan. 19 at Fire Station No. 2, 2245 Lacy Drive, in Junction City. For information or directions, call Jim Hill at 761-1130.

Families return to homes quickly

Staff report

Most residents of an eight-plex on Fort Riley that caught fire Jan. 4 were allowed to return home that afternoon, officials said.

Public Works crews cleaned air ducts and deodorized the smoke-damaged homes, allowing five of the eight families to move back in, said Pam Newman, family housing chief in the Directorate of Public Works.

Crews checked the roofs of two more apartments to ensure they are weather tight before allowing those families to return, Newman said.

The fire destroyed one family's home. Public Works was working with the family on housing options, Newman said.

Preliminary findings estimate the fire damage to be \$93,400, Newman said.

The cause of the fire is still under investigation.

'Iron Rangers'

continued from page 1

battalion can ensure the unit's momentum and violence of action on any given objective," he said.

The "Iron Ranger" Soldiers and the Scout Platoon trained for detonating charges on command and detonating charges set with a time fuse.

After completing the demolition training, the Scouts trained 30 Soldiers from units across the battalion to emplace and detonate Claymore mines.

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19th PAD/Perry
Sgt. Marcos Chavez, 1st Bn., 28th Inf., shares photos of his family with Army veteran Richard Simecka during a holiday visit to the Colmery-O'Neil Veterans Affairs Medical Center in Topeka Dec. 19.

'Black Lions' visit veterans

Soldiers spread holiday greetings at VA medical center

By Anna Perry
19th PAD

Even with the 4th Infantry Brigade Combat Team busily preparing to officially stand up, Soldiers assigned to the 1st Battalion, 28th Infantry, found time for a holiday visit to the Colmery-O'Neil Veterans Affairs Medical Center in Topeka Dec. 19.

"The mission today is twofold," said Lt. Col. Patrick Frank, the battalion's commander. "First of all, our Soldiers are here to spread holiday greetings, as well as to see the commitment of the veterans who have served before them in World War II, Korea and Vietnam."

"It also gives a connection to

the veterans ... to see the uniform again," said Beth Brown, voluntary service specialist at Colmery-O'Neil. "It shows that their military family still cares about them."

The connection between active duty Soldiers and former active duty veterans became apparent as soon as the 1st Bn., 28th Inf., "Black Lions" walked through the center's doors. Veterans and Colmery-O'Neil employees seemed to come out of the woodwork to shake hands with and greet the Soldiers.

"They get fired up seeing you guys walk in," Frank told his Soldiers. "This is good stuff. Tell them your stories ... and listen to theirs," he added.

The battalion's younger Sol-

diers seemed captivated by the memories the veterans shared with them. One veteran recalled serving in the Battle of the Bulge. Another had suffered through a bout with malaria. One Soldier remembered losing a brother in WWII. Another veteran fondly remembered being a "Black Lion" years ago.

"This is our Army history," Pfc. Cleveland Upton said. "It was great talking to the guys who paved the way for us."

Some veterans and Soldiers shared similar thoughts and experiences, such as serving in the infantry and having a deep love and dedication for their country.

"Having the Soldiers here is encouraging," said Roy Meadows, a U.S. Army veteran who served

in Vietnam. "It benefits the entire community."

"Both sides have gained," Frank agreed.

Arranging to have his troops visit the veterans is something Frank said he'd like to do again in the future. "We are looking into making this an annual event," he said.

"Additionally, we'd like to come out for other holidays, such as Memorial Day and Veterans Day. "We'd also like to look into visiting other VA medical facilities in the area," Frank added.

"I don't know how many people we've touched today ... many, many veterans," Frank said. "This has been a great experience for everybody."

Dining facility ranks second in Army

By Shaina Clark
19th PAD

The Main Post a la carte Dining Facility received runner-up in the Philip A. Connelly Awards for excellence in Army food service after an evaluation on Nov. 30.

The facility competed in the large garrison category of the

program. They competed against six other Department of the Army installations worldwide.

"We always shoot for No. 1, but No. 2 is a great place to be Army-wide," said Leo Kelly, a manager for the dining facility.

Harry Bolton, a first cook at the dining facility, said, "It lets us know that we are doing our jobs to help the Soldiers. It makes us want to keep doing

more to better serve them."

All facilities were evaluated in a number of areas, including food preparation, taste, presentation, nutrition, service, sanitation and administrative quality.

The preparation the staff members put into preparing for the evaluation is the same as they put into their day-to-day practices, Bolton said.

"Everything that we did to

prepare were the same things we do every day as part of our jobs," said Scott Roberts, a cook at the facility.

All winners and runners-up will be honored in a ceremony in Miami on April 8.

The dining facility won the Connelly Award for best in its category in the Northwest Region, Installation Management Agency.

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Civilian pay raises begin Jan. 8 for most

By Donna Miles
AFPS

WASHINGTON - The upcoming pay period for Defense Department civilian General Schedule employees will reflect a 2.1 percent across-the-board pay raise, plus a range of locality pays that bring the overall pay hikes between 2.83 and 5.62 percent, an Office of Personnel Management spokesman said.

The 2006 federal pay raise

goes into effect with the first full pay period of the year, which for most DoD employees begins Jan. 8, said Mike Orenstein.

Pay charts on the OPM Web site show new annual and hourly rates for GS workers, DoD's white-collar work force, and special geographically unique charts cover increases in 31 designated locality pay areas.

Wage-grade or blue-collar workers, who make up a small percentage of the DoD work force, will receive comparable

increases for their areas, Orenstein said.

GS workers not in a designated locality pay area come under the "rest of the United States" designation on the charts and will receive a 2.83 percent pay increase, Orenstein said.

The exception are GS workers in Alaska, Hawaii and U.S. territories, who receive a nonforeign cost of living allowance that was first introduced in the mid-1940s to attract workers, he said.

Among GS workers in design-

nated locality pay areas within the continental United States, those in the Raleigh-Durham-Cary, N.C., region are this year's biggest winners, receiving a 5.6 percent increase, Orenstein said.

Locality pay is based on the cost of labor in a particular area. By offering locality pay in those regions, government agencies can be more competitive in recruiting and retaining workers, he said.

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Commentary

Thursday, January 12, 2006

Fort Riley Post

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Riley Roundtable

This week's question:

How long should Iraq deployments be, and why do you feel that way?



"I would hate for it to be longer than nine months. A year is too long. It should be shorter, not for the wives, but for the kids' sakes."

Audrey Buxton
Student
Home: Tallahassee, Fla.



"No more than six months. They can transition faster and it's easier on families."

Staff Sgt. James Dyer
Scout
2nd Battalion, 70th Armor
Home: Tazewell, Tenn.



"Stay at a year. It gives troops time to acclimate. If they were shortened, they'd just get settled and then be leaving."

2nd Lt. Steve Lanni
70th Engineer Battalion
Home: Omaha, Neb.



"Any set time, good or bad, as long as the time spent at home after deployment is equivalent to the time spent away."

1st Lt. Scott Payne
Platoon leader
Troop D, 4th Cavalry
Home: Topeka, Kan.



"As long as dictated by the Army for how long it takes to get the job done."

1st Lt. Jason Thomas
Platoon leader
Troop D, 4th Cavalry
Home: Cleveland

Next week's question:

What do you believe is our most important freedom as U.S. citizens?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Mike Keating
Fire Protection Inspector

Over the past several years, post firefighters have seen a dramatic rise in fires and fire alarms caused by candles on Fort Riley. These have occurred in family housing and in Soldier barracks.

Carelessness was the main cause in more than 66 percent of fires caused by candles nationwide and responsible for 80 percent of those on Fort Riley.

For this and other reasons, Fort Riley Regulation 420-4 prohibits the use of candles in apartments, barracks, offices, motor pools, administrative buildings and places of public assembly. The regulation does not prohibit burning of candles in family housing or in chapels.

National statistics reveal that



Mike Keating

bedrooms, and these fires accounted for 24 percent of the associated deaths.

Last year, fires occurring during the holiday season caused 61 casualties, including 11 deaths, 26 family injuries and 24 firefighters injured in operations throughout the United States. These fires also caused more than \$12 million in damage to

property, not including the additional pain and suffering by family members.

Post residents can take several simple life-saving steps to insure safety when it comes to using candles:

- Extinguish all candles when leaving the room or when going to sleep.

- Keep candles away from items that can catch fire, such as clothing, books, paper and curtains.

- Make sure candles are placed on a stable piece of furniture and in sturdy holders that won't tip over. Holders should be made from material that can't burn.

- Make sure the candle holder is big enough to collect dripping wax.

- Don't place lit candles in windows, where blinds or curtains can close over or come in contact with them.

- Place candles away from spots where they could be knocked over by children or pets.

- Keep candles and all open flames away from flammable liquids.

- When purchasing or using candles, consider what would happen if the candle burned low. Could it burn the candle holder or decorative material nearby? Votives and filled candles should be extinguished before the last 1/2 inch of wax starts to melt.

- Fire experts discourage the use of candles in bedrooms, where almost half of all home candle fires start.

- Avoid candles with combustible items embedded in them.

Remember: A candle is an open flame. It can easily ignite any combustibles nearby. Keep a careful eye on candles.

Legally speaking

Tax refund loans are deals you can't afford

By Christopher A. Callicott
Legal assistance attorney

Imagine allowing someone to take a part of your paycheck each month. Then, your buddy tells you that he can help you get some of that money back, but to do it he will charge you 1,700 percent interest.

You would have to be crazy to agree to something like that. But that is exactly what 12.15 million Americans did in 2003 by deciding to take a refund anticipation loan on their tax refund. A refund anticipation loan is a loan product offered by many commercial tax preparers.

When preparing your tax return, a commercial preparer may ask if you are interested in

getting a rapid or speedy return. The speedy return will cost a small processing fee, generally around \$35 to \$75. This speedy return is actually a loan secured by your income tax refund.

The commercial preparer says that you will get your full tax refund, less preparation fees, loan fees and an application fee. In total, you will probably end up paying about \$225 for the whole tax package of preparation, loan application fee and loan fee.



Capt. Chris Callicott

You do get your money quickly, but not much more quickly than if you had just e-filed your taxes.

The average term of these loans is 10 days, the difference in the time that it takes the commercial tax preparer to give you money and the time that it takes the IRS to send your refund to the tax preparer to repay your rapid refund loan.

Based on the size of your refund, the annual percentage rate of interest that you are charged for getting your money 10 days earlier can be anywhere from 40 percent to 1,700 percent. You can get your refund

quickly.

If you e-file your tax return and use direct deposit, you can get your refund in as few as eight days. Is getting your money a few days quicker really worth \$225 and an interest rate of up to 1,700 percent?

The Fort Riley Tax Center opens Jan. 17. The Tax Center files federal and state tax returns for qualified individuals free of charge and will e-file returns when possible in order to quickly get refunds to those entitled to refunds.

To schedule an appointment with the Tax Center, call 239-1040.

Technology threat

Shopping on Internet increases ID theft risk

Service members shopping online, managing finances online or reading an e-mail that claims to need information should not give personal information to any Web site or e-mail request that seems suspicious.

Any unsolicited e-mail asking for personal or financial information should be considered suspicious.

These e-mails look real and claim that you need to log in to a Web site to verify personal data in order to protect your account. Servicemembers should always contact their bank or

credit card company before doing so, in order to determine whether the e-mail is genuine.

Servicemembers who think they may be identity theft victims should contact authorities.

They also should contact banks and credit card companies involved, alerting them that someone may be using their personal information.

To find out more about identity theft, visit the Federal Trade Commission's "ID Theft Movie" at <http://www.consumer.gov/idtheft/>.

Grunt By Wayne Udden



FORT RILEY POST

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Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at mike.heronemus@riley.army.mil.

What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas): _____





Post, Army news briefly

Riley's to offer lunch buffets

Beginning Jan. 17, Riley's Conference Center will offer a lunch buffet from 11:30 a.m. to 1:30 p.m. Monday through Friday.

For \$6.50, diners will receive a hot entree with side dish, soup of the day, gourmet salad bar, and iced tea or water to drink.

Holiday alters trash pickup

The post refuse schedule will change Jan. 16-20 in observance of the Martin Luther King Jr. federal holiday. The schedule is:

Jan. 16 – No pick up

Jan. 17 – Colver Manor, Main Post and dumpster at Building 621.

Jan. 18 – Ellis Heights, O'Donnell Heights, Montieth Heights, Peterson Heights north of Thomas Avenue, Marshall Army Airfield and dumpsters at Buildings 28, 45, 470, 540, 542 and 5309.

Jan. 19 – Warner Heights, Burnside Heights and dumpster at Building 621. (No change from regular schedule.)

Jan. 20 – Meade Heights,

McClellan Heights, South Warner Heights, Peterson Heights south of Thomas Avenue and dumpster at building 5309. (No change from regular schedule.)

For more information, call Paul Cassella at 239-6274.

Warfare center offers course

The Air Mobility Warfare Center's Mobility Operations School's interactive distance-learning Introduction to Air Mobility Operations Course is available online at http://www.amwc.af.mil/student_info.asp.

Course planners estimate it takes roughly eight hours to complete the course, and it is open to active, reserve and civilian Department of Defense members of all ranks.

In this course, students will study the complexities, requirements, limitations and resources available in planning and conducting air mobility operations.

For more information, call the school at DSN 650-7722, (609) 754-7722 or (609) 754-7722 or send e-mail to <mailto:AMWCdistancelearning@mcguire.af.mil>.

By Paul Cucuzzella
U.S. Army Claims Service

Soldiers who bought body armor and certain other protective, health and safety equipment to use while deployed in Iraq can file a claim for reimbursement of that expense.

The Secretary of the Army issued final instructions Nov. 21, 2005, implementing the Department of the Army's program to reimburse Soldiers who bought the items for use in Operations Noble Eagle, Enduring Freedom or Iraqi Freedom. Soldiers also can be paid for these items if they were purchased for them by someone else, such as members of their family. Soldiers on active duty, including those in the Army Reserve or National Guard, former Soldiers and survivors of deceased Soldiers may file claims and receive reimbursement for privately purchased protective equipment if the Soldier was not issued equivalent equipment by the Army before his or her deployment on one of these operations.

The Army will reimburse Soldiers for protective body armor, combat helmets, ballistic eye protection, hydration systems, sum-

mer weight gloves and knee and elbow pads.

As for body armor, a Soldier may be reimbursed for the purchase of a complete outer tactical vest or for the separately purchased components of an OTV, to include Small Arms Protective Insert plates.

To qualify for reimbursement, the equipment must have been purchased after Sept. 10, 2001, and before Aug. 1, 2004, and all equipment for which reimbursement is sought must be turned into the Army at the time a claim for reimbursement is filed.

Claimants who no longer have the equipment must explain in writing why they cannot turn the items in with their claim. If there is a good reason, they may still be paid.

The amount of reimbursement for a given item depends upon whether the claimant produces proof of the actual purchase price. A claimant who provides proof of purchase will be reimbursed the full purchase price plus shipping costs for each item, up to \$1,100 for any single item.

If no proof of purchase is provided, the claimant will be reimbursed at a rate pre-established by the Department of the Army for

each item of equipment. For example, the Army will pay \$551.60 for a complete Outer Tactical Vest if no purchase receipt is submitted with the claim.

Active duty or active reserve component Soldiers who seek reimbursement should complete and file a DD Form 2902 with the first field grade commander in the Soldier's chain of command.

The Soldier also must provide a copy of proof of deployment, such as deployment orders or a DD Form 214 noting deployment, and copies of all receipts or other proof of purchase for the items claimed.

Former Soldiers and survivors of deceased Soldiers should complete a DD Form 2902 claim form and mail it directly to the U.S. Army Claims Service at the address provided in block 12 of the form. Mailed claims must be accompanied by copies of proof of deployment, proof of purchase and the items for which reimbursement is sought.

Shipping costs for delivering items to USARCS are compensable and can be noted on the DD Form 2902. If the items are not available for turn in, a written explanation as to the reasons why must accompany the claim.

A filed claim will be processed through USARCS for payment by the Defense Finance and Accounting Service. Either USARCS or the claimant's chain of command will inform the claimant of any deficiencies in a claim and will provide the claimant with ample opportunity to correct any such deficiency.

Although the claims process has been designed to ensure rapid settlement and payment of claims, potential claimants should not wait too long to file claims. All claims must be filed by Oct. 3, 2006.

More information on the body armor and protective equipment reimbursement program, including a list of reimbursable items with the pre-established compensation rates can be found by online at www.jagcnet.army.mil. Select the U.S. Army Claims Service link under the "Client Services and Links" section at that Web site. The link can be accessed by the public.

Potential claimants can obtain a printable DD Form 2902 through the link.

Fort Riley Soldiers with questions can contact the Claims Division of the post Staff Judge Advocate's Office at 239-3830.

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Soldiers test cooling vests while in Iraq



RDECOM Photo

Each "Humvee" cooling kit consists of four water-filled vests. The vests fit under a Soldier's normal body armor and are connected via hoses to the vehicle's air-conditioning system.

By Gary Sheftick
Army News Service

WASHINGTON — "Humvee" crews in Iraq and Kuwait are testing about 500 liquid-filled cooling vests.

The vests are worn under body armor and a hose from each vest is plugged into the "Humvee's" on-board air-conditioning system. Liquid from the vehicle's AC system circulates through the vest, cooling its wearer.

The vests were developed by the Army's Tank Automotive Research, Development & Engineering Center, known as TARDEC, in coordination with the Natick Soldier Center. They were sent to Kuwait this past sum-

mer and then forwarded to Iraq. The "Humvees" with add-on armor were fitted with air conditioners after TARDEC engineers in Warren, Mich., were given the requirement to figure out how Soldiers in armored vehicles could be kept cool under the desert sun.

Some of the same engineers had designed the add-on armor kits for the M-998 and M-1025 "Humvees" in theater. With the extra armor and doors closed, temperatures inside the vehicles could reportedly reach more than 130 degrees.

"It's like putting somebody in a toaster oven on low heat," said Charlie Bussee, an engineer at TARDEC. So the engineers began "backward designing" to fit an air-conditioning system into the rear of the "Humvees."

About 21,000 of the air-conditioning systems have been ordered for "Humvees" in theater and more than 13,750 already have the AC systems installed, Bussee said.

Even with air conditioning, temperatures inside the armored vehicles could still reach 95 degrees in the sun, Bussee said. So something more was needed.

Design of the vests actually began in the spring of 2004, said Brad Laprise of the Natick Soldier

Center in Massachusetts.

Each "Humvee" cooling kit consists of four water-filled vests known as Air Warrior Microclimatic Cooling Garments, or MCGs. Fungicide-treated water is chilled by the AC system in the

"Humvee" and circulated through the garment.

A rapid-release system allows Soldiers to quickly disconnect the hoses so they can jump from the vehicle and keep the vests on.

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Headquarters battery finishes 2005 with no DUI incidents

By Nicole Robus
19th PAD

In a year where Fort Riley had 158 people charged with driving under the influence, one unit on post was setting a good example for others by being DUI-free the entire year.

Soldiers of Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, went 365 days in 2005 without an incident of a Soldier driving under the influence during 2005.

Col. Bart Howard, commander of 1st Brigade, 1st Infantry Division, congratulated the battery Jan. 6 and spoke to the battery's Soldiers about their achievement.

Howard noted that the Army has lost more Soldiers this year to personally owned vehicle accidents than to enemy contact.

He reminded the Soldiers that this sobering fact underscores the significance of the battery's milestone.

They were able to accomplish

the achievement by focusing on preventive programs, such as the Brigade 0013 Program and the "battle buddy" system, said the battery commander.

"This past year, we have put special emphasis on the Brigade 0013 program and implemented the 0013 cards," said Capt. Eugene Porter, battery commander.

The 0013 card stresses the program goal of zero DUIs, zero instances of underage drinking and only one drink in a three-hour period.

Printed on the reverse side of the card are the phone numbers for the staff duty officer and the Soldier's supervisor, first sergeant and commander.

If a Soldier is drunk and calls the staff duty officer, the unit pays the taxi fare because the Soldier used the 0013 Program.

Soldiers asked why they believe the unit has had no DUIs this year cited a strong drug and alcohol education program and

the unit's morale.

"This battery has an amazing amount of unit cohesion. Everybody looks out for one another," said Pfc. Matt Hurlman.

The battalion commander echoed Hurlman's sentiments.

The unit puts a lot of emphasis on the "battle buddy" system and has implemented it in their unit, said Lt. Col. Chad Lemay, commander of "Hamilton's Own."

The unit is very cohesive and has an extremely high morale, he said.

The first sergeant and the battery commander do a great job in taking care of Soldiers and each other, and it doesn't stop there. It continues down the chain of command all the way down to the Soldiers, Lemay added.

For their accomplishment, the unit received a three-day pass, Porter said.

"Anytime a unit can go without a DUI for a year, that is a great accomplishment," said Lemay, who granted the three-day pass.

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Fort Riley Community Life

Thursday, January 12, 2006

America's Warfighting Center

Page 9

Community news briefly

Schools send impact surveys

Parents of students in Geary County Unified School District 475 are advised that the district distributed Federal Impact Aid Survey Forms on Jan. 10 for students attending public schools in Junction City, Fort Riley, Milford and Grandview Plaza.

Parents should complete, sign and return the forms as soon as possible. The survey forms were sent home with elementary and middle school students. Forms for high school students will be mailed to parents.

The Federal Impact Aid Survey Form provides an official verification and record of all students whose parents are federally connected. These forms are an important part of the district's financial support because about 50 percent of the students in USD 475 have parents on active duty status at Fort Riley.

Spouses' club to host event

The Fort Riley Officers' and Civilians' Spouses' Club will host its annual Polish Pottery Bingsu at 11:30 a.m. Jan. 19 at Riley's Conference Center. Lunch will be pineapple glazed baked ham, citrus salad, au gratin potatoes, winter vegetable blend and apple cobbler for dessert.

Only OCS members can attend, but individuals can join at the event for \$7.50 for the second half of the year.

For childcare reservations, call 784-2793 by Jan. 14.

Story times feature horses

Saturday story times at the Post Library resume at 1:30 and 4 p.m. Jan. 7 with stories about horses and ponies.

On Jan. 14, the story will be "Fritz and the Beautiful Horses" by author and illustrator Jan Brett. A homely pony longs to befriend the village children, but they prefer their beautiful horses. When the children ride onto a dangerous bridge, only the little pony is brave enough to rescue them. The Post Library is located in Building 5306 on Custer Hill. Operating hours are 11 a.m. to 6 p.m. Tuesday through Saturday and noon to 5 p.m. Sunday.

For more information, call 239-5305.

Teen Center lists activities

Jan. 13 - 8 to 10:30 p.m., middle school dance

Jan. 14 - 9 to 11:30 p.m., high school dance

For more information, call the Teen Center at 239-9222.

Support Center lists activities

Jan. 18 - Noon to 3 p.m., mid-week break for spouses activity day

Jan. 19 - 9:30 to 11:30 a.m., Family Readiness Group Leader Basic Class

For more information, call 239-9435.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Training will alter health care

By Jan Clark
IACH PAO

Clinic patients at Irwin Army Community Hospital may experience some delays in getting appointments or will be referred more often to civilian health care providers now through April.

Those delays and referrals are necessary while the hospital staff trains to implement a new electronic records system that eventu-

ally will benefit all those treated in the military medical system, hospital officials explained.

Provider training for the system, referred to as AHLTA, will begin at IACH on Jan. 24.

The complexity of the AHLTA system will present a steep learning curve for the hospital staff and will require each provider to decrease the number of patients they see for several weeks, offi-



cials said. During the training period, there may be an increase in referred appointments to civilian providers in the network and an increased waiting time in hos-

pital clinics for an appointment, they added.

The transition is expected to be completed by April. Appointments will be reduced by about 30 percent when training begins and could continue at that decreased level for the following eight weeks or as late as mid- to late-June.

Training will be given to staff on a rotating basis throughout the

hospital, meaning the 30 percent reduction will not be concentrated in one area only, officials said. And, that percentage will lessen as training progresses with more appointments to be added daily.

Should a TRICARE Prime patient call in and find no available appointments, the appointment clerk will refer the patient to the civilian network providers. No

See Hospital, Page 10

Beauty wins

Post artists win, place in contest

By Amanda Kim Stairrett
Staff writer

Three Fort Riley-area artists displayed talent that placed them among the top winners in the 2005 Army Arts and Crafts Contest.

The annual contest judges entries from artists at military installations around the world.

Jerry McVey, a retired Soldier; Patricia Bess, a military spouse; and Raeford Lewis, retired from military and federal service, took honors in the novice glass and accomplished water-base painting categories.

McVey, a Milford, Kan., resident, won first place in the novice glass division and took best-of-show honors for a stained glass piece titled "Orchid with Fused Glass Petals."

"The judges were really impressed with the fact that he had done the fused glass in addition to cutting and leading," said Linda Ezernieks, who manages arts and automotive programs for the U.S. Army Community and Family Support Center at Alexandria, Va.

For his piece, McVey cut individual pieces of glass, put them together and melted them in a kiln.

McVey began working with stained glass when he took a class at Fort Riley with his wife in 1991. He continued taking classes wherever he could find them, including Wichita and Nevada, he said.

He learned about the contest from Marilyn Paras, director of the Fort Riley Arts and Crafts Center. It was the first time he entered a piece in competition.

The orchid project took 15 hours to complete, and the majority of time was spent cutting and preparing each piece of glass to fit, McVey said. He did most of the work in his home studio but used the cen-



Jerry McVey stands in front of his entry that won best-of-show honors in the 2005 Army Arts and Crafts Contest. The stained glass piece is titled "Orchid with Fused Glass Petals."

ter's kiln to fuse the glass pieces that caught the judges' eyes.

McVey said he has done stained glass work for Normandy Chapel, the Wakefield, Kan., museum and houses and churches in the area.

His love of stained glass has developed

into a small business, but McVey said he makes sure it doesn't get out of hand. "I don't like to get so busy it's a job," he said. "I retired so I wouldn't have to work so much."

See Artists, Page 10

Picrnie submits housing strategy

Plan explains development for family life on Fort Riley

By Cassidy Hill

Communications Manager
Picrnie Military Housing

Fort Riley is one step closer to a make-over of on-post family housing.

In mid-December, Picrnie Military Housing and the staff at Fort Riley's Residential Communities Initiative submitted the Community Development and Management Plan to the Department of the Army for approval. The plan serves as the framework for the project and describes how Picrnie Military Housing plans to design and build new homes as well as manage, maintain and renovate existing housing for the next 50 years.

Picrnie Program Director Brian Beuregard said that during the initial development period of 10 years, Picrnie Military Housing plans to build about 2,100 new homes.

"Of the 2,100 new homes, 1,900 of them will be replacement homes. Those 1,700 and an additional 400 homes will be built over the next 10 years," Beuregard said.

"The first new homes are scheduled to be finished by the end of 2007. An additional 200 new homes should be available by the end of 2008," he said.

Picrnie's plan proposes to renovate all the remaining homes on post, including historic homes on main post.

To improve family housing and increase the quality of life for Soldiers and their families, Congress passed legislation in 1996 that authorizes the Department of the Defense to lease government land to private developers.

Under privatization, the Basic Allowance for Housing for Soldiers living on post passes to the Army-developer partner - Picrnie, in Fort Riley's case - in the form of an allotment. Those BAH dollars and private sector loans enable the private developer to finance home construction and redevelopment as well as insure that funds will be available over the next 50 years to maintain and update the homes as needed.

Since the Residential Communities Initiative program began, 26 Army installations have privatized their family housing, giving management of about 60,000 houses to private development companies.

To the Army families on privatized posts, this means that the property management and maintenance is done by the Army's part-

See Picrnie, Page 10

CinCHouse helps military women

Web site, convention meld spouse, Soldier experiences

By Steven Donald Smith
AFPS

www.cinchouse.com/

WASHINGTON - Military wives and female servicemembers face many of the same challenges, so it makes perfect sense to create a platform for them to share ideas about how to tackle these issues.

That's exactly why Meredith Leyva founded CinCHouse in 1998. "Military wives and women in uniform have so much in common. We have careers and families to care for, and there are a lot of good ideas we can share with each other," Leyva said. "CinCHouse was created to get realistic answers on how to succeed in military life."

The CinCHouse Web site provides information on a variety of topics, including relocation tips and advice on matters of the heart.

"It's the kind of information you won't find in an official handbook," Leyva said.

The nonprofit organization brings many of these issues to the attention of military leaders. "CinCHouse is a community looking to change attitudes about military families by raising awareness about who the families are and what makes the military lifestyle attractive," Leyva said. CinCHouse is not a lobbying organization, she said.

The purpose of raising awareness is to help the military think through its retention and family-support policies to encourage families to stay in the military. For instance, a \$10,000 re-enlistment bonus may not mean much if a couple is forced to relocate to an area where the spouse cannot continue her career, Leyva said.

CinCHouse promotes its positions through its Web site and by attending seminars and conventions related to military affairs.

One such convention is the Western Conference and Exposition, or WEST, a three-day technology, communication and national security conference.

The purpose of attending the conference is to exchange ideas between "rank-and-file military families and the top brass and command leaders," Leyva said.

This year at WEST, in conjunction with the Armed Forces Communications and Electronics Association and the U.S. Naval Institute, CinCHouse hosted its First Convention for Military Families, which will specifically address military recruiting and retention issues that relate to the family.

WEST 2006 wrapped up Jan. 12 at the San Diego Convention Center.





Hospital

continued from page 9

one needing an appointment will go unseen, hospital officials assured.

However, for same-day appointment requests, the appointment clerk will first forward the patient to IACH's Nurse Advice Line in hopes of solving the patient's concern without the need for an appointment. If that is not possible, the patient will be referred.

With the number of appointment being reduced, Christopher Lowery, chief of the hospital's Customer Service Branch, stressed the important of patients canceling appointments if they are unable to make them rather than being a no-show statistic. "No-shows are the No. 1 blight on access to care. Each day, an average of 62 appointments are no-showed or missed without canceling," he said.

Those no-shows are the equivalent of \$8,879.02 lost daily, and this means that those appointments are not available for other patients who may need them,

Lowery said.

One of every four complaints the Customer Service Division receives deals with availability of appointments, Lowery said. Patients who can't make scheduled appointments should call 239-DOCS (239-3627) to cancel the appointment and open it for another patient, he urged.

During the training time for converting to the AHLTA system, any difficulty obtaining appointments should be directed to the Patient Representative Office, 239-7739, or the Customer Service Division, 239-7103.

Once utilization begins, the new system will allow health care providers to access a patient's entire updated health history on every visit the patient makes.

Current medical records being maintained at the hospital will not be scanned into AHLTA, officials said, but all new inputted medical documentation will always be available in the future.

This means patients seen at a Naval hospital or Air Force clinic

also using AHLTA while on temporary duty or leave, any lab results or diagnostic study results (such as x-rays), and ordered medication and inputted clinical notes will be available to the patient's primary care manager.

Capt. Ian Lee, AHLTA project officer, explained: "To improve the care provided to Soldiers injured during deployments, AHLTA will eventually be implemented down to the unit level. In other words, if a Soldier wounded on the battlefield first went to the battalion aid station, then a combat support hospital, then Landstuhl Regional Medical Center, then Brooke Army Medical Center and finally to IACH, all the documentation would be available to the IACH providers, allowing for more optimal and efficient care."

AHLTA's maximum benefit for Fort Riley Soldiers and family members will occur after the hospital staff has learned to use the system's full capabilities, officials said.

Artists

continued from page 9

McVey teaches beginner and advanced stained glass classes, something he started doing more than five years ago. Paras said Bess started out by taking McVey's class.

Bess' jewelry piece tied for second place in the novice glass division with that of an artist at Fort Shafter, Hawaii. She also received an honorable mention for two pieces: "Bauble Dish" and

"Heart."

Paras said Bess has worked in almost every area within the Arts and Crafts Center and is a big supporter of the facility.

Lewis took first and second places in the accomplished water-base painting division with "Passed Faces" and "Red on Red Landscape."

Paras said Lewis had worked for the Directorate of Morale,

Welfare and Recreation and was not eligible to participate in the contest until after he retired. Lewis used the Fort Riley Arts and Crafts Center's equipment to mat and frame his entries.

"Fort Riley has a lot of talented artists and craftsmen," Paras said. "We have been blessed with many patrons using this center and winning many awards over the years."

Picerne

continued from page 9

ner. It also means that the initial development period has begun and that the quality of life for families on post has started to improve.

Improvements eventually will include such amenities as tot lots, swimming pools, jogging trails and neighborhood centers. Homes and neighborhoods will be created that will give military housing modern conveniences, such as walk-in closets, double sinks, oversized garages and the look and feel of well-planned civilian neighborhoods.

In May 2005, the Department

of the Army selected Picerne Military Housing to be the housing privatization partner for Fort Riley. But, the Department of the Army, Department of Defense, Office of Management and Budget and Congress must approve the proposed development plan before Picerne Military Housing assumes responsibility for Fort Riley's on-post family housing. That assumption of responsibility is expected to occur on July 1, 2006.

While Picerne Military Housing waits for the plan's approval and prepares to assume manage-

ment responsibilities, Soldiers living in on-post family housing will be asked to sign a housing agreement called a Resident Occupancy Agreement. The agreement is similar to a lease one might sign for housing off-post.

Picerne Military Housing representatives will soon begin briefing Soldiers on privatization and the occupancy agreement. After the unit briefings, Soldiers will have the opportunity to sign the Resident Occupancy Agreement.

For more information, contact Picerne Military Housing at 717-2200.

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Fort Riley Sports & Recreation

Thursday, January 12, 2006

America's Warfighting Center

Page 13

Sports news in brief

Senior bowling league forming

Custer Hill Lanes Bowling Center will be starting a Senior Bowling League.

The league would play one night a week and dues would be around \$10 per bowler.

Interested people should call the Bowling Center at 239-4366 for more information.

Eagle watching scheduled

The Fort Riley Outdoor Recreation Center staff will host eagle watching tours Feb. 11, 15 and 18. Cost for the tours is \$6 per person, including refreshments and transportation.

The bald eagle is an endangered species that can be seen in and around Fort Riley.

People taking the tours should dress for being outside in whatever weather conditions prevail the day of the tour.

All tours will begin at the Outdoor Recreation Center, Building 9011 on Rifle Range Road.

For more information or to sign up for the tour, call 239-2363.

King, Eyster listed activities

King Field House and Eyster Pool staffs have scheduled several activities and classes scheduled for the coming week, including:

Jan. 16 – 5:45 to 6:30 p.m., Eyster Pool, abs, buns and thighs

Jan. 16 – 5:45 to 6:45 p.m., King Field House, cardio pump aerobics

Jan. 16 – Noon to 1 p.m., King Field House, fitness yoga

Jan. 17 – 6:30 to 7:30 a.m., King Field House, PT power-time

Jan. 17 – 9:30 to 10:30 a.m., Eyster Pool, water aerobics

Jan. 18 – 4:30 to 5:30 p.m., King Field House, turbo kick

Jan. 18 – 5:45 to 6:45 p.m., King Field House, cardio pump aerobics

Jan. 19 – Noon to 1 p.m., King Field House, fitness yoga

For more information, call 239-2813.

Staff sponsors swim program

The Eyster Pool staff is sponsoring a "Swim for My Life" program that encourages personal fitness by swimming laps. Each participant can earn a water bottle for swimming 25 miles, a T-shirt for swimming 50 miles, a baseball cap for swimming 100 miles and a sweatshirt for swimming 200 miles.

For information on the program, call the pool staff at 239-9441.

Special PT offered

Soldiers with borderline Army Physical Fitness Test scores can be on their way to being more fit and improving their scores through Fit Force 1.

Participants will train with the post fitness staff from 8:30 to 10:30 a.m. every Monday for eight weeks and establish a weekly training schedule.

For details on how to register, call 239-2813.

Biathlete headed for Olympics

By Jack L. Gillund
Army News Service

ARLINGTON, Va. – The U.S. Biathlon Association nominated a Soldier to compete in the 2006 Winter Olympics Feb. 10 through 26 in Torino, Italy.

Spc. Jeremy Teela, a member of the Army's World Class Athlete Program, was nominated to represent the United States in the

Olympics as a biathlete, following his performance in the TD Banknorth Festival at Fort Kent, Maine, Dec. 28 to Jan. 3.

Teela is one of 10 biathletes nominated to represent the United States at the Winter Games. He understands making the team is easier than winning a medal.

"Even with the snow and rain, this is probably the easiest course we'll ski on in the whole year," he

said after the first two days of competition at the Maine Winter Sports Center.

During conditions that included freezing rain and sleet, Teela placed sixth in the Men's 20-km Individual on day one of the best-three-out-of-four competition. He knew he had to finish stronger in his next three events if he wanted to make a second appearance at the Winter Olympics. Still, he didn't appear shaken.

"In the last Olympic trials, I finished in 12th place in the Individual," he said.

Teela showed continued improvement throughout the four-day event. During a snow storm on Dec. 30, he finished third in the men's 10-km biathlon sprint. On Jan. 2, he finished second in the men's 12.5-km pursuit. On Jan. 3, he finished first in the

men's 10-km sprint.

"You just have to stay focused and confident," Teela said. "At this level, confidence is everything."

Tim Burke of Fort Kent placed first in the best-three-out-of-four competition. He was followed by Teela, Lowell Bailey of Fort Kent and Brian Olsen from Minneapolis, Minn. These men, along with

See Olympics, Page 15

Move it!



Instructor Megan John (left) and Gabrielle Laucks execute a series of high and low punches during a Turbo Kick class Dec. 21 at King Field House. Laucks said she has taken three of John's Turbo Kick classes.

Post/Stairrett

Exercisers shape up with Turbo Kick program

By Amanda Kim Stairrett
Staff writer

Turbo Kick, a cardiovascular workout that borrows from martial arts, boxing, hip-hop moves and kickboxing, is available at King Field House. Megan John, a physical fitness specialist, teaches free

Turbo Kick classes at 4:30 p.m. Wednesdays and 9 a.m. Fridays.

John said a person could burn anywhere from 500 to 800 calories per session. Results depend on the intensity of the workout because people get out what they put into it. Turbo Kick strengthens and tones arms and legs through

punching and kicking. The workout isn't intended to teach fighting or defense. It provides interval aerobic and anaerobic training.

Aerobic exercise is any type of workout that increases a person's heart rate through moderate levels of intense exercise for extended periods of time. Anaerobic exercise is achieved through short, high-intensity workouts, according to www.wikipedia.org.

Georgia Dirks, a Fort Riley resident who has taken about five classes, said Turbo Kick was amazing for toning core muscles. Turbo Kick was created in 1997 by Chalene Johnson and is "arguably the most popular group exercise kickboxing program in the country," according to www.turbokick.com. Part of Turbo Kick's appeal comes from the high-energy music used in conjunction with 32-count combinations during the workout, John said. She tries to make the class like a party, "just working up a sweat and having fun."

Elle Parvin, public rela-

See Turbo Kick, Page 15

East defeats West in annual high school tilt

By Rich Lamanace
Army News Service

SAN ANTONIO – America's top high school athletes shared center stage with America's top Soldiers during the 2006 U.S. Army All-American Bowl high school all-star football game in the Alamodome Jan. 7.

East versus West players battled in front of a national television audience and in front of 31,565 stadium fans, the largest in the Army's six-year history of hosting the event. The East won the game, 27-16.

During pre-game activities, 78 Soldiers awarded the Distinguished Service Medal, Silver Star, Bronze Star Medal or the Purple Heart were announced to the audience with the nation's top 78 high school players.

Soldiers attending medical advanced individual training at Fort Sam Houston, Texas, marched onto the field to recite the Soldier's Creed, along with the U.S. Army Field Band, who provided a musical salute.

A group of 100 San Antonio Delayed Entry Program recruits were given the oath of enlistment by Army Vice Chief of Staff Gen. Richard A. Cody during a pre-game ceremony.

Two ROTC graduates were commissioned by Gen. William Wallace, commanding general of the Training and Doctrine Command. Second Lt. Chris Adams graduated with a master's degree from the University of Texas at San Antonio.

Second Lt. Shannon Christian was commissioned after receiving a bachelor's degree from the same school.

Four Soldiers from the 101st Airborne Division airborne assault school at Fort Campbell, Ky., — Sgt. Jeremy Mitchell, Sgt. Mike Cortez, Staff Sgt. Ira Hutton and Staff Sgt. Warren Feaster — capped the pre-game ceremony by rappelling from the rafters of the

Want more game info?

For more information on the All-American Bowl, visit www.army.mil/2006allamericanbowl/ on the Web.

Alamodome to present the game ball to the players.

Army Reserve Sgt. Chris J. Neuweme, a military policeman with the 814th Military Police Company in Arlington Heights, Ill., and one of the Iraqi Freedom veterans honored before the game, believes the messages he and his fellow Soldiers articulate during the week are important ones. "Our trip to San Antonio is a real celebration of courage from several different angles."

"We have competitive young athletes that represent the best in the country and we have Soldiers who have put it on the line for their country representing the best of the Army. It's kind of fitting having this contest in the city of the fighting spirit of those who fought in the Alamo. Both sides represent leadership and are role models to our communities and nation as a whole," he said.

Sgt. 1st Class Shawn P. Caskin, an air defense platoon sergeant with Battery A, 2nd Battalion, 4th Air Defense Artillery, at Fort Sill, Okla., believes that the nation's greatness is closely linked to the greatness of its Army.

"Americans need to realize that we would not be the great country we are today without having the best military in the world," Caskin said.

"To continue to have the freedoms and liberties we enjoy, people must be willing to serve their country. I feel that it's important for our citizens to give back, and I think every young person should serve in some way."

On the Wildside: News About Nature

State has varied natural symbols

By Gibran Suleiman
Fish and wildlife biologist

Like all other states, Kansas officially declares plants and animals as state symbols. When the state celebrates its 145th birthday on Jan. 29, school children across the state will learn about Kansas' history, its state symbols and why those symbols were picked. Although some of the state's symbols

may be fairly well known, others may not be quite as visible.

The state mammal of Kansas is the bison. While the bison is typically called a buffalo, that is a misnomer because the only true buffalo are from Asia and Africa.

The bison was very common in Kansas at one time. It was extremely important to the Native American tribes that lived on the



Gibran Suleiman

See Wildside, Page 15





Valassis cellular ad (new as of 10 Jan.)

BRIGGS AUTO GROUP, INC
3 x 10.5"
Black Only
3x10.5 Full Color Briggs



Wildside

continued from page 13

plains.

As settlers moved west, a huge market developed for bison skins and tongues, which were considered a delicacy. A single bison skin would sell for \$1 to \$3.

Settlers would report herds so large that it would take several days to travel around them on horseback. Some reports tell of so many bison coming to drink from a river that they would literally drink the river dry.

Bison were slaughtered by the masses for the money and as a way to take away the lifeblood of Native American tribes. Bison had become a rare sight in Kansas.

The state bird of Kansas is the western meadowlark. Kansas also is home to the eastern meadowlark. The birds are similar in appearance.

Western meadowlarks are found on Fort Riley but are not common like the eastern species. Meadowlarks are easily recognized by their bright yellow breast and black V down their neck. Meadowlarks dine on insects and seeds and can be found on Fort Riley year round.

The state reptile of Kansas is the ornate box turtle. Box turtles are fairly common on Fort Riley. Their diet is mainly carnivorous, but they also eat vegetable material.

Although they are extremely attractive animals, they do not make good pets and are best left in the wild.

Box turtles have been known to live more than 30 years; but, in captivity, box turtles are extremely sensitive to things like humidity, temperature and diseases.

Kansas even has a state amphibian, the barred tiger salamander. The tiger salamander is the world's largest land dwelling salamander. They are found throughout most of Kansas and can be found on Fort Riley.

The adults are rarely seen and spend most of their time underground. They only venture out at night.

Like all amphibians, they lay their eggs in water. Salamander larvae hatch from the eggs after three to five weeks.

The larvae diffuse oxygen

Want more info?

If you have any question concerning natural resources on Fort Riley, contact the Conservation Office at (785) 239-6211.

through a set of external gills. Most metamorphose into adults, although some larvae salamanders never change into the adult form and retain their aquatic features until death.

The state tree of Kansas is the cottonwood. Cottonwoods are common across Kansas. Cottonwood trees are hydrophilic, meaning that they thrive around water. As settlers came across the plains, they soon learned to scan the horizon for cottonwoods to help find water and shade.

The cottonwood is the largest native tree in Kansas, often having trunks up to eight feet in diameter. Fort Riley is adorned with many huge mature cottonwoods. They are particularly common along the Kansas and Republican rivers.

Cottonwoods get their name from the cotton-like material they produce in late summer.

The purpose of the cottony fluff is to carry a tiny seed away from the parent tree by using the wind much like a dandelion. During the peak time when cottonwoods are releasing their seeds, it can literally look like a snow-storm in September.

Settlers brought the state's insect, the honeybee, from Europe.

Honeybees are social insects and every honeybee has its own particular job. The queen bee has one job. She is essentially an egg factory, laying up to 15,000 eggs in a single day.

The majority of bees in a colony are worker bees. They maintain the hive and collect pollen to make the honey. Some bees are called drones. All they have to do is mate with the queen.

Honeybees can be found living in the wild and are used for the commercial production of honey.



ANS/Gillund

Spc. Jeremy Teela, a biathlete and member of the U.S. Army World Class Athlete Program, skis past spectators during the 20-km Individual competition of the TD Banknorth Festival at Fort Kent, Maine, Dec. 28-Jan. 3. Teela, qualified to compete in the 2006 Winter Olympics at Torino, Italy.

Olympics

continued from page 13

Jay Hakkinen of Kasilof, Alaska, who met the pre-qualification standards for the Olympics, have been nominated to represent the United States at the XX Winter Games. Five women also will compete as biathletes.

Teela was one of five WCAP Soldiers competing for spots on the U.S. Olympic Biathlon Team. Sgt. Jacob Beste, who finished first in the men's 20-km individual, eighth in the men's 10-km WCAP and Army athletes competing to become members of the U.S. Olympic Team, visit the men's 10-km sprint, and

Sgt. Sarah Kamilewicz, who finished eighth in the women's 15-km Individual, fifth in the women's 7.5-km biathlon sprint, seventh in the women's 10-km pursuit and second in the women's 7.5-km sprint, were nominated as alternates to the team.

Spc. Jill Krause and Spc. Denise Teela also competed.

For more information about WCAP and Army athletes competing to become members of the U.S. Olympic Team, visit www.armywcap.com.

COLLEGE HEIGHTS BAPTIST CHURCH

2 x 2"

Black Only

2X2 College Hghts/Jan TF

SCREEN MACHINE

2 x 2"

Black Only

2X2 Screen Mach/Jan TF

PATS PAWN & GUN

2 x 2"

Black Only

2X2 Pats Pawn & Gun

CHANGING TIMES BOUTIQUE

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2x2 CTS Jantf

HAIR EXPERTS

2 x 5"

Black Only

2x5 Hair Experts

Turbo Kick

continued from page 13

tions and customer service specialist for Johnson's company, Power Blue Productions, said there was more to the program than health benefits. It is an hour of escape that allows music, choreography and energy to take a person away from the hustle and bustle of daily regimens and realities, she said.

"For one hour you can jab, kick, dance, sweat, laugh, even bond with friends and comrades in this party-like atmosphere," she said. "Oh, and you get a workout, too."

The class is John's favorite because it incorporates a lot of different moves. It differs from a step class because a person is not just stepping on and off a box. Students have told her Turbo Kick is a lot different than kickboxing, she said.

Part of the challenge of the class is putting the moves together and getting the combinations down, John said. It takes three classes for someone to get the hang of Turbo Kick, said Jennifer McLachlan, a Fort Riley resident

Turbo Kick

Where: King Field House

When: 4:30 p.m. Wednesdays, 9 a.m. Fridays

For more information: Call King Field House at (785) 239-3868

who has taken about five classes.

"It's discouraging at first because you feel so uncoordinated," she said.

John agreed that Turbo Kick takes a bit of time to pick up, but once someone learns, it is easy.

"I just care that people keep moving, work on their form and technique," she said.

She won't move on until 80 percent of the class gets the combinations down. She will teach the same eight moves for the next three months to ensure everyone has caught on.

"It's just a lot of fun," Dirks said, while sweating after a Dec. 21 workout. "You pick up on it."

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Black Only

2x5 Milford Nature/Bagle Week



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2X2 Candlewood H/Jan TF

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PENN ENTERPRISES, INC.

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2X2 Penn Ent 1/13

PRIME TIME FITNESS CLUB

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Black Only

2X3 Prime Time Fit/New Member

SETH CHILD CINEMAS

2 x 5.5"

Black Only

2x5.5 Seth Childs/Jan TF

Travel & Fun in Kansas

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America's Warfighting Center

Thursday, January 12, 2006

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Jan. 12 – Derailed (R) 110 min

Jan. 13 – Saw II (R) 91 min

Jan. 14 – Aeon Flux (PG-13) 93 min

Jan. 15 – Just Friends (PG-13) 88 min

Jan. 19 – Saw II (R) 91 min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel and Tourism Web site, www.travelKS.com.

Manhattan:

What: "Only the Best." Gallery exhibit featuring 23 of the region's best landscape artists.

When: 10 a.m. to 6 p.m. Monday through Saturday through Jan. 14, 2006

Where: 406 1/2 Poyntz Ave., Strecker-Nelson Gallery

Phone: (785) 537-2099

Web site: www.strecker-nelsongallery.com

Admission: Free

Junction City:

What: Eagle Days-Milford Lake. Observe eagles in their natural habitat.

When: 11 a.m. to 5 p.m. Jan. 14, noon to 5 p.m. Jan. 15

Where: 3115 Hatcher Drive, Milford Nature Center

Phone: (785) 238-5323

Admission: Free

Wichita:

What: 49th annual Darryl Starbird Exotic Car Show and Action Arena. Over 400 hot rods, custom and experimental cars, motorcycles, and trucks on display with live entertainment and celebrities.

When: Noon to 10 p.m. Jan. 20; 10 a.m. to 11 p.m. Jan. 21; 10 a.m. to 6 p.m. Jan. 22

Where: 225 E. Douglas, Century II

Phone: (918) 257-8073

Web site: www.darrylstarbird.com

Admission: Adult \$15; juniors \$10; child \$5

Abilene:

What: Kansas Statehood Ball. 1860s period dance to celebrate Kansas' statehood. Period dress is encouraged, but not mandatory.

When: 7 to 9 p.m. Jan. 28

Where: 619 N. Rogers, Sterl Hall

Phone: (785) 263-2681

Web site: www.heritage-centerd.net

Admission: \$5

Hutchinson:

What: "Steel Magnolias." This production is part of the Family Children's Theatre 17th season.

When: 7:30 p.m. Jan. 12-14, 3 p.m. Jan. 15

Where: 310 N. Main, Flag Theatre

Phone: (620) 662-7469

Web site: fcshop-kansas.net

Admission: Adult \$8; senior \$6; children \$5

'The General' rolls into Junction City

By Gail Parsons

Director, JCAC

As part of the Topeka Silent Film Festival, the Junction City Arts Council will host a showing of "The General" at 2 p.m. Feb. 26 at the Junction City Municipal Building.

The Mont Alto Orchestra will provide music for this top-ranked silent film starring Buster Keaton.

Based on a true incident of the Civil War, Johnnie Gray, played by Keaton, is a railroad engineer in charge of a small but beautiful train called The General. When war erupts, he tries to enlist, but the recruitment office rejects him because a good railroad engineer is more valuable than another foot soldier.

The trouble is, no one tells Johnnie Gray why he's rejected, and his second love, Annabelle, a

Southern Belle, thinks Johnnie Gray is a coward. She'll have nothing to do with him until she sees him in uniform.

That's when fate takes a strange hand.

Yankee soldiers steal The General with Annabelle aboard. Johnnie Gray sets out on what is to become the silent film era's premier train chase, to rescue his two loves.

Part of the film's success

comes from the still astonishing story it tells. But its lasting appeal comes from the way it is told, with Buster Keaton, as director and star, confirming his place as the absolute top comedian of the silent era.

Tickets are on sale at the information desk at the Municipal Building and at the Junction City Arts Council office, 107 W. Seventh St.

If you go:

When: 2 p.m., Feb. 26

Where: Junction City Municipal Building, 700 N. Jefferson St.

Admission: \$8 for adults; \$5 for children 12 and younger.

Guys dance



Members of the high-energy phenomenon known as "Tap Dogs" prove that guys really can dance. The Australian dancers will perform Jan. 24 at the Lied Center in Lawrence, Kan.

By Kelly Hollowell

University of Kansas

Who says real men can't dance? "Tap Dogs" will set any doubters straight.

Six young blokes from Newcastle, Australia's largest industrial city, come to the Lied Center in Lawrence, Kan., clad in boots, jeans and flannel shirts to combine the strength and power of male workmen with the precision and talent of tap dancing.

On a stage that resembles a construction site, these guys work up a seriously macho sweat swinging from scaffolding and dodging power tools.

Dein Perry, two-time Olivier Award-winning choreographer and creator of "Tap Dogs," temporarily left his dream of becoming a dancer at age 17 and earned his union papers as an industrial machinist instead.

After later moving to Sydney, Perry was cast in the long-running, but soon-to-be-closed production of "42nd Street."

With his dream in mind and an offer from the Sydney Theatre Company, Perry combined his tap dancing background with his industrial experience to create the high-energy phenomenon known as "Tap Dogs" with the help of director and designer Nigel Triffitt.

Since its premiere in Australia, "Tap Dogs," which the Chicago Sun-Times called "astounding high-adrenaline entertainment," has earned sold-out venues around the world.

In 2005, "Tap Dogs" celebrated its 10th anniversary by leaving dents in stages across Australia, South Africa, the United Kingdom and North America.

First appearing at the Lied Center in 1998, this rough, tough and rocking reinvention of tap returns to Lawrence this month.

If you go:

What: "Tap Dogs"

When: 7:30 p.m. Jan. 24

Where: 1600 Stewart Drive, The Lied Center of Kansas

Admission: Lied Center Ticket Office (785) 864-2787, the University Theatre Ticket Office (785) 864-3982, SUA Office (785) 864-SHOW, any Ticketmaster outlet (785) 234-4545 and (816) 931-3330, and on-line at www.tickets.com and www.Ticket-Master.com. All seats are reserved.

Cost: \$45 and \$39 for general public; KU, Haskell students/children (child: 0-18 years of age) \$22.50 and \$19.50; senior citizens (62 and over) \$44 and \$38; KU Faculty/Staff \$38 and \$33.

Inventory leads to random picks exhibit

By Beth Hesterman

Kansas State University

If you go:

What: "1% of Art" exhibit

When: Jan. 10 through April 9, 10 a.m. to 5 p.m. Tuesdays through Fridays and 1 to 5 p.m. Saturdays and Sundays.

Where: The Marianna Kistler Beach Museum of Art, southeast corner of K-State's campus, at 14th Street and Anderson Avenue.

Phone: (785) 532-7718

Admission: Free, complimentary parking available adjacent to the museum.

MANHATTAN, Kan. — An annual inventory check at the Marianna Kistler Beach Museum of Art at Kansas State University inspired an exhibition all its own.

"1% of Art: A Random Sample of the Permanent Collection" is just as it sounds: a random sample of the artwork owned by the museum. The exhibition, Jan. 10 to April 9, 2006, will feature 55 works from the museum's collection. It will be in the Hempler and Vanier galleries.

Each year, museum staff performs an inventory to check the accuracy of the location records

for the museum's artwork. Chosen randomly by the museum's computer inventory program, the 55 works to be featured represent just 1 percent of the museum's holdings of about 5,500 objects.

One stipulation was placed on the exhibit, with only one piece from a particular artist permitted. This deviation from standard inventory protocol was initiated to prevent overrepresentation by artists like John F. Helm and John Stuart Curry, whose works compose a sizable portion of the Beach Museum of Art's permanent collection.

"We are excited to display this unconventional exhibition," said Suzanne Hale, the museum's reg-

istrar, collection manager and curator of the exhibit. "1% of Art" will give a glimpse of the routine, behind-the-scenes activity and might surprise visitors about the varied nature of the collection.

Usually when exhibitions are planned, the curator labors intensively to select objects for display, Hale said.

"It is often necessary for the curator to consider hundreds of pieces before choosing the works to be included," she said. "Criteria for display in an exhibition may include such factors as relevancy to the exhibition's theme, condition of the piece and representation of the artist's style."

Busch salutes heroes

Parks extend admission reductions for military

AFPS

WASHINGTON — A tribute program that provided free admission to Anheuser-Busch theme parks to more than 900,000 members of U.S. and Coalition armed forces and their families has been extended through 2006, company officials announced.

Anheuser-Busch launched "Here's to the Heroes" in February 2005 to acknowledge the service of military men and women and the sacrifices made by their families, officials said.

"It is gratifying to all of us at Anheuser-Busch that so many members of our armed forces took advantage of this program and honored us with a visit," said Keith M. Kasen, chairman and president of Busch Entertainment Corp., the family entertainment division of Anheuser-Busch. "This is a difficult time for our men and women in uniform, and we are honored to give them something back."

The program provides a single day's free admission to any one SeaWorld or Busch Gardens park, Sesame Place, Adventure Island or Water Country USA for the servicemember and as many as three of his or her direct dependents.

Any active duty, active reserve or ready reserve servicemember or national guardsman is entitled to free admission under the program. He or she need only register, either online at www.heros-alute.com or in the entrance plaza of a participating park, and show a Defense Department photo ID.

Also included in the offer are members of foreign military forces serving in the coalitions in Iraq or Afghanistan or in the United States attached to American units for training.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian DoD employees are ineligible for the program.

The program "is one small way we can acknowledge and thank the Soldiers, Sailors, Marines, Airmen and Coast Guardsmen whose service helps to preserve the freedom and safety of every American," Kasen said. "It's important to all of us at Anheuser-Busch that we show our gratitude to the men and women of our armed forces and their families for the sacrifices they make on our behalf."

Three Anheuser-Busch parks — SeaWorld Orlando, Busch Gardens Tampa Bay and SeaWorld San Diego — operate year-round. The company's remaining parks are seasonal, with varying opening dates this spring. Each park's operating schedule is available online.